

Finding The Right Home After Drug Rehab



Photo via Pixabay by [RitaE](#)

Going through rehabilitation for substance abuse can be extremely difficult physically, emotionally, and mentally. Not only do you have to need to get through each day, it's important to think about how you'll sustain your sobriety. Sometimes thinking about the future can be overwhelming for someone who is in recovery, but it's imperative if you want to move on in a healthy way.

Finding the right home for your needs after rehab can be daunting, but it's often necessary to move in order to put some distance between yourself and people who don't support your recovery, or from triggers that might make you want to abuse substances again. There are a lot of details to think about, such as finding a home in your price range that is close to family members, or one that is in your child's school district. It's a good idea to sit down and make a list of all the things you need in a house or apartment and make a note of which ones you could live without and which are deal-breakers.

Here are a few ways to get started.

Look at your family's needs

Your budget, proximity to a particular school/family member/workplace, and size are the most important things to look at when you need a new home. Take an honest look at your finances, because good planning will ensure that you aren't left in a tough spot a few months down the road. If you need something close to your child's school, to a supportive family member, or to your job, narrow down your search to those areas and then work your way out.

Do some prep work

Moving is a big job, so it's a good idea to make the entire process as easy on yourself as possible. This means getting organized, making lists so nothing gets left out, and doing some prep work, such as decluttering your home before you begin packing. Go through each room and take a look around to see what can be thrown away, donated, or recycled as something else. Clearing out space will not only help make the move easier, it will also allow you to purge anything you don't want to take with you into your new life. For some great tips on how to do this in a healthy way, read on [here](#).

Find support

Because big life changes can have an effect on your sobriety, it's extremely important to [garner support](#) from a loved one, a close friend, a counselor, or a group. Having someone to talk to when things get difficult is absolutely a necessary part of recovery and can keep you from feeling isolated and alone, two major factors in depression and other mood disorders.

Ask for help

Buying a home comes with a lot to think about, and it can be confusing and overwhelming for someone who has been dealing with a lot in recent months. Don't be afraid to ask for help, either from a good friend or from a real estate agent who can assist you in finding the right place for your needs.

Think about your future needs

Not only should your new home accommodate your current needs, it should also have a few things you might want in the future. While no one can predict what they're going to want five years from now, you might have an idea about whether you're going to get a dog--who will need a yard to run around in--or if you might want an extra room to allow for guests to come and stay.

Try not to get overwhelmed during this time; it's important to stay relaxed and keep stress at bay, so carve out some time for yourself as often as you can. Take each step slowly and remember that you're not in it alone; ask for help when you need it to avoid having anxiety set in.